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Healthy Recipes

Makes 6 servings.
½ cup per serving.

Prep time: 20 minutes

**Nutrition
information
per serving:**

Calories:	34
Carbohydrate:	8 g
Dietary Fiber:	2 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	105 mg

Pico de Gallo

INGREDIENTS

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

PREPARATION

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.



Healthy Recipes

Makes 4 servings.
½ cup per serving.

Prep time: 5 minutes

**Nutrition
information
per serving:**

Calories:	59
Carbohydrate:	15 g
Dietary Fiber:	1 g
Protein:	1 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	1 mg

Fruit Salad

INGREDIENTS

- ½ cup sliced banana
- ½ cup chopped apple
- ½ cup chopped nectarines
- ½ cup grapes
- ½ cup orange juice

PREPARATION

1. In a medium bowl, mix all ingredients. Serve.



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Healthy Recipes

Makes 4 servings.
½ cup per serving.

Prep time: 20 minutes

**Nutrition
information
per serving:**

Calories:	64
Carbohydrate:	13 g
Dietary Fiber:	4 g
Protein:	2 g
Total Fat:	2 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	152 mg

Tomatillo Salsa

INGREDIENTS

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

PREPARATION

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.



Healthy Recipes

Makes 4 servings.
1 cup per serving.

Prep time: 10 minutes

**Nutrition
information
per serving:**

Calories:	139
Carbohydrate:	36 g
Dietary Fiber:	4 g
Protein:	2 g
Total Fat:	0 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	2 mg

Quick-N-Creamy Grape Shake

INGREDIENTS

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

PREPARATION

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.



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For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483.
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